



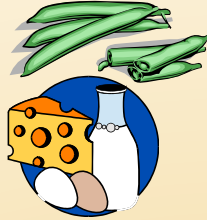



What can I do to protect my child from lead?

- Keep children away from paint chips and lead dust.
- Keep children out of the house any time paint is being sanded or scraped, or when painted surfaces are being worked on. 
- Damp mop floors and wet wipe surfaces often. 
- Wet wipe window wells.
- Wash your child's hands often, especially before eating and napping. 
- Wash toys often, especially teething toys.
- Use cold water for cooking and mixing formula. 

Turn over for more tips ➔

What can I do to protect my child from lead?

- Feed your family foods high in iron and calcium such as peas, beans and dairy products. 
- Don't bring lead home from work (people who work in construction, plumbing or painting).
- Wash work clothes separately and don't wear work shoes in your house. 
- Be careful with hobbies that might use lead (fishing lures, stained glass or bullets).
- Use only lead-free dishes.

Lead Can Poison People

It is especially bad for young children and pregnant women.



Onondaga County Health Department
Lead Poisoning Control Program

435-3271

*Adapted from New York State Department of Health
Childhood Lead Poisoning Prevention Program Materials*

Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health

www.ongov.net

If lead gets into a child's body, it could cause . . .

- Learning problems
- Behavior problems
- Growth problems
- Hearing loss
- Kidney damage
- Anemia

➔ A pregnant woman and her unborn baby can be hurt by lead.

What causes lead poisoning in children?



The most common cause is lead paint. If disturbed, lead paint can turn into lead dust that you can't see. This lead dust can get on your child's hands and then into his or her mouth.

Other sources include: dirt, toys, jewelry, dishes/pottery, fishing sinkers, water pipes and some folk medicines.

What are the signs of lead poisoning?

It might include stomach aches, crankiness or tiredness.



But usually there are NO signs.

➔ A blood test for lead is the only way to tell.

Which children should be tested?

- Every child should be tested at age one AND again at age two.
 - If you are pregnant, you may need a lead test.
- ➔ Call your doctor or the Health Department at 435-3271 for more information about lead testing.

What if the test shows a problem?

- Your doctor and the Health Department can help you.
 - It is important to find the source of the problem so that it can be fixed.
 - A change in diet and more hand washing will help.
 - If the lead level is very high, a child might need medicine to help his or her body get rid of the lead.
 - Your child will need another blood lead test to make sure the amount of lead in his or her blood has not gone up.
- ➔ Even after the blood lead level goes down, your child will need more blood lead tests to make sure he or she stays healthy.

